



UNCLASSIFIED //FOUO



"Climb to  
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## **ABBREVIATIONS**

- **DW = Dynamic Warm up**
- **RD = recovery drill**
- **PSD = pushup/sit up drill**
- **FM = foot march**
- **aml = approach march load**
- **STC = strength training circuit**
- **4C = 4 for the core**
- **CD = conditioning drill**
- **SR = shuttle run**
- **RR = release run**
- **HSD = hip stability drill**
- **CL = climbing drill**
- **AGR = ability group run**

*Note: We are using "DW" in lieu of "preparation drills" (PD), in order to allow for more flexibility with the selection of movement preparation/warm-up exercises.*



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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (10 reps), or 300 yd-SR (2 reps) + hill repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots MMD 1&2 (1 rep); TR <30mins Recovery: RD (30 sec)	Preparation: DW Activities: CD 3 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
2	Preparation: DW Activities: ACUs/Boots MMD 1&2 (1 rep); 30:60s (10-15 reps), or 300 yd-SR (2 reps) + hill repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 3 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (12-15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2, AGR or RR or HR or TR or 10-15K FM w/aml Recovery: RD
3	Preparation: DW Activities: ACUs/Boots, GD (1 rep), CD 1&2 (10 reps ea), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (10-15 reps), or 300 yd-SR (2-3 reps) + hill repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps), or RR < 30 mins Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, GD (1 rep), CD 1&2 (10 reps ea), CL (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)
4	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) or AGR or RR (<30 min)	Preparation: DW Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength	Preparation: DW Activities: MMD 1&2 (1 rep ea), AGR (30 min) or Unit Run (30 min) or 5-10K FM w/fl or aml Recovery: RD (30 sec)



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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
5	Preparation: DW Activities Option 1: APFT Activities Option 2: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep ea), 30:60s (10-15 reps) or 60:120s (10 reps) or 300 yd-SR (2 reps) + Hill Repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 2 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), 30:60s (10-15 reps), or 60:120s (10 reps)or 300-yd SR (2 reps) + Hill Repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep), AGR (30 min) or Unit Run (30 min) or 10-15K FM w/fl or aml Recovery: RD (30 sec)
6	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (10-15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, 4C (60 sec), GD (1 rep), CD 1&2 (10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: HSD (10 reps) MMD 1&2 (1 rep); 30:60s (15 reps), or 300 yd-SR (3 reps) + hill repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, 4C (60 sec), GD (1 rep), CD 1&2 (10 reps ea), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: HSD (10 reps), MMD 1&2 (1 rep ea), AGR (30 min), Unit run (30 min), or RR (30 min), or 5-10K FM w/fl or aml Recovery: RD (30 sec)
7	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, HSD (10 reps), MMD 1&2 (1 rep), TR (30 min) Recovery: RD (30 sec)	Preparation: DW Activities: 4C (60 sec) CD 3 (5-10 reps); CL 1 (2x5 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, HSD (10 reps), MMD 1&2 (1 rep), 30:60s (10-15 reps) or 60:120s (10-15 reps), or 300-yd SR (3 reps) + Hill Repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
8	Preparation: DW Activities: HSD (10 reps), MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3	Preparation: DW Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps),	Preparation: DW Activities: MMD 1&2 (1 rep); 30:60s (15 reps), or 300 yd-SR (3 reps) +	Preparation: DW Activities: 4C (60 sec) CD 1&2 (10 reps); CL 1 (10 reps); PSD	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), Unit run (30 min), or RR (30



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9	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300 yd-SR (2 reps) + Hill Repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), 30:60s (10-15 reps) or 60:120s (15 reps), or 300-yd SR (3 reps) + Hill Repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
10	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep); TR (20 min) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep); 30:60s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), Unit run (30 min), or RR (30 min), or FM w/fl or aml 10-15K Recovery: RD (30 sec)

